

# Strudel meals for one

nutritious, complete meals –  
ideal for an individual

## SOUPS

**£3.25 per pot**

Lentil | Minestrone | Vegetable | Pea |  
Sweet Potato & Red Pepper *and more...*

## VEGETARIAN MAINS

**£4.50 per meal**

**Comes with a vegetable accompaniment**

Italian Vegetable Stew | Risotto |  
Vegetable Pasta Bake | Bean Hotpot |  
Roasted Vegetable Lasagne |  
Indian Vegetable Curry | Veggie-Bolognaise |  
Chilli Quorn Carne | Shepherd's Pie |  
Stuffed Peppers | Vegetarian Meatballs

## FISH MAINS

**£5.50 per meal**

**Comes with a vegetable accompaniment**

Rosemary Baked Salmon |  
Moroccan Baked Cod (not spicy) |  
Hearty Fisherman's Pie | Thai Salmon

## DESSERTS

**£1.50 per portion**

Apple & Forest Fruit Crumble |  
Peach & Pear Crumble | Apple Cake |  
Pineapple Cake | Chocolate Brownie |  
Spiced Carrot Cake | Sultana Sponge |  
Seasonal Fruit Compote | Rice Pudding

You can collect or we deliver  
straight to your door.

Free delivery for orders  
over £30 for all  
N and NW postcodes.

**For all enquiries and  
orders please ring Alan**

**020 8349 5711**

**07799 661 592**